



DOWNLOAD



## Good Enough to Eat: A Kid s Guide to Food and Nutrition (Paperback)

By Lizzy Rockwell

HarperCollins Publishers Inc, United States, 2009. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Good Enough to Eat is one of a kind: the only guide to kids nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies. In this book, you will learn: all about the nutrient groups--carbohydrates, protein, fat, water, vitamins, and minerals each nutrient s function which foods contain which nutrients how much of each nutrient a kid needs each day how the body digests food all about calories Good Enough to Eat includes kid-friendly recipes such as Alphabread and Full o Beans Soup, and even shows kids how to test their food for fat. Perfect for parents, educators, librarians, and doctors trying to explain healthy eating to kids!.



READ ONLINE  
[ 6.24 MB ]

### Reviews

*Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

-- Melvin Hettinger

*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- Dr. Easton Collier DVM